

# JUANITA

**Music :** Nick McKenzie [www.discogs.com](http://www.discogs.com) EMI Electrola – 1C 006-24 891  
Time 3:07 Slow Down with 5%  
Available from Choreographer

**Rhythm :** Rumba **Phase :** V+1+2U (Adv Alemana+Tummy Ck+Trade places)

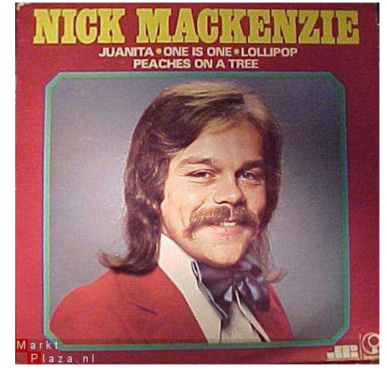
**Footwork :** Opposite except where (Noted)

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**Sequence :** INTRO ABC ABC A\* C END



## INTRO

BFLY POS WALL LEAD FOOT FREE START IMMEDIATELY AFTER THE "THIRD" NOTE

## PART A

### 01-04 BASIC ½ to a FULL NATURAL TOP ; ; ; ;

{Basic ½ to a Full Nat Top} Fwd L, rec R to CP com manuv action, trng RF sd L [ld hnds dwn], -; XRib, sd L, XRib (W sd L, XRif btw M's ft, sd L), -; Sd L, XRib, sd L (W fwd XRif btw M's ft, sd L, fwd XRif btw M's ft), -; XRib, sd L, cl R (W sd L, fwd XRif btw M's ft, cl L) to CP WALL, -;

### 05-08 CUDDLE THREE TIMES ; ; ; HIP ROCK ;

{Cuddle x 3} Sd L, rec R, cl L placing L hnd on W's R shldr blade (W trng ½ RF bk R with R arm out to sd, rec L, fwd R trng ½ LF plcg R hnd on M's L shldr), -; Sd R, rec L, cl R placing R hnd on W's L shldr blade (W trng ½ LF bk L with L arm out to sd, rec R, fwd L trng ½ RF plcg L hnd on M's R shldr), -; Repeat meas 5 Part A to CP WALL ; **{Hip Rock}** Leaving ft ip chg wgt w/ hip action apt ovr R ft, tog ovr L ft, apt ovr R ft, -;

## PART B

### 01-04 OP HIP TWIST to FACING FAN LOD ; ; OP HIP TWIST to FACING FAN COH ; ;

{OP Hip Twist to Fcg Fan LOD} Chk fwd L, rec R, cl L (W bk R, fwd L, fwd L, pushg off M's braced hnd swvl ¼ RF), -; Bk R, rec L trng ¼ LF, fwd R (W fwd L, trng LF sd R to RLOD, cont LF trn bk L) to LOD, -; **{OP Hip Twist to fcg Fan COH}** Repeat meas 1,2 Part B to COH ; ;

### 05-08 ADVANCED ALEMANA ; ; HAND to HAND TWICE ; ;

{Advanced Alemana} Fwd L, rec R, trng 1/8 RF sd L (W bk R, rec L, small fwd R), -; XRib trng RF, sd L compg 3/8 RF trn to fc WALL, sd R (W trng RF undr hnds fwd L, fwd R cont trn, contg RF trn to fc ptr fwd & sd L) to BFLY WALL, -; **{Hand to Hand x 2}** XLib (W XRib) trng to OP LOD [extend ld hnds to sd], rec R to fc, sd L to BFLY, -; XRib (W XLib) trng to LOP RLOD[extend trl hnds to sd], rec L to fc, sd R to BFLY WALL, -;

### 09-12 AIDA to RLOD ; ROCK 3 & SWIVEL to FC ; SPOT TURN ; UNDERARM TURN ;

{Aida to RLOD} Thru L, sd R trng LF, bk L cont LF trn to V-bk-to-bk pos to LOD, -; **{Rock 3 & Swivel to Fc}** [QQQQ] Rk fwd R, rec L, fwd R swivel RF to fc, point R sd to LOD ; **{Spot Turn}** XRif (W XLif) trng ½ LF, rec L comp 3/4 LF trn to fc ptr, sd R to BFLY WALL, -; **{Underarm Turn}** Rel jnd trl hnds XRib, rec L, sd R (W XLif under jnd hnds trng RF, rec R contg to trn to fc M, sd L) to BFLY WALL, -;

### 13-15 REVERSE UNDERARM TURN ; FENCE LINE w/ ARMS TWICE THE 2<sup>de</sup> in 4 & R-HNDShk ; ;

{Reverse Underarm Turn} Raisg jnd ld hnds XLif, rec R, sd L (W XRif undr jnd ld hnds trng LF ½. rec L contg LF trn to fc ptr, sd R) to BFLY WALL, -; **{Fence Line w/ Arms}** XRif (W XLif) w/ bent knee sweep trl hnds over & tch ld hnds, rec L, sd R to BFLY WALL, -; **{Fence Line w/ Arms in 4 & R-Hndshk}** [QQQQ] XLif (W XRif) w/ bent knee sweep ld hnds over & tch trl hnds, rec R, sd L, sd R to BFLY WALL, -;

## PART C

### 01-05 START CROSS BODY to TUMMY CHECK & BACK ; ; ; FINISH CROSS BODY ; SHADOW NEW YORKER in 4 :

**{Start Cross Body}** Fwd L, rec R trng ¼ LF to LOD, sd L (*W Bk,R, rec L, fwd R*), -; **{To Tummy Chk & Bk}** [Release R-hnds & stop the W w/ lead hand] Lunge sd R, rec L, cl R (*W [extend both arms fwd] fwd L, rec R, cl L*), -; Lunge sd L, rec R, cl L (*W Bk R, rec L, cl R*) & *R-Handshk*, -; **{Finish Cross Body}** Bk R, rec L trng ¼ LF to fc ptr & COH, sd R (*W fwd L comm LF trn, fwd & sd R cont LF trn to WALL, sd & bk L*) to BFLY COH, -; **{Shadow New Yorker in 4}** [QQQQ] Keeping R-Handshk Thru L to LOP RLOD M bhd W, rec R to fc ptr, sd L, sd R, -;

### 06-10 REPEAT MEAS 01-05 PART C to BFLY WALL ; ; ; ; :

## PART A\*

### 01-04 FULL NATURAL TOP ; ; ; :

**{Full Nat Top}** Repeat meas 1,2,3,4 Intro ; ; ; ;

### 05-07 CUDDLE TWICE ; ; SLOW HIP ROCK 2 & R-HNDSHK ;

**{Cuddle x 2}** Repeat meas 5,6 Intro ; ; **{Slow Hip Rock 2 & R-Handshk}** [SS & Hnds low] Rk sd L rollg L hip sd & bk, -, rk sd R rollg R hip sd & bk & R-Handshk, -;

## ENDING

### 01-05 START CROSS BODY to TUMMY CHECK & BACK ; ; ; FINISH CROSS BODY ; CROSS CHECK & HOLD ;

**{Start Cross Body to Tummy Ck & Back & Finish Cross Body}** Repeat meas 1,2,3,4 Part C to COH ; ; ; ; **{Cross Ck & Hold}** [S] In BFLY XLif (*W XRif*) twd LOD [M on the outsd fcg COH] w/ bent knee, -, -, -;